



SENIOR HAPPY'NINGS

NOVEMBER/DECEMBER 2016

SCITUATE COA
27 BROOK ST
SCITUATE, MA
02066



Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

COA STAFF

Director - Linda Hayes, x15
lhayes@scituatemema.gov

Administrative Assistant
Jill Johnston, x10
jjohnston@scituatemema.gov

Transportation Coordinator
Jean Sullivan, x17
jean.sullivan@scituatemema.gov

Van Drivers: Mary Brown,
Jay Brien, John White
Stephen Saunders

Outreach Coordinator
Jennifer Gerbis, x14
jgerbis@scituatemema.gov

Activities & Volunteer Coordinator
Lisa Thornton, x12
lthornton@scituatemema.gov

Manager of Social Services
Laura Minier
lminier@scituatemema.gov

COA BOARD

John D. Miller, Chair
Dr. Gordon Price, Vice
Audrey Reidy
Dale Balog
Lucille Sorrentino
Janice Lindblom, Secretary
Helen Jablonski
Leslie James
Janice Desmond

Selectman Liaison
Marty O'Toole

From the Director—

Life is 10% what happens to you, and 90% how you respond to it.

What makes a good or *great* Senior Center—and why does our community (or any community) need one? We deal with a lot of misperceptions by many as to what we do as a Senior Center and for whom. The name itself is off-putting to some, or nebulous at best—everyone has their own idea of what a ‘senior’ is (or isn’t! - namely them!!). We as a ‘senior’ center are here to facilitate, honor and support the inevitableness of aging—primarily through connection. Connecting to resources and information, connecting with new activities and learning, connecting with others through social or recreational opportunities. Developing a Senior Center is a process—of educating, of providing an often-changing array of activities to meet different needs, of finding a common denominator for gathering people of varying ages and lifestyles, and of pursuing a vision for each community’s unique personality—Scituate’s Senior Center should reflect the community that is uniquely Scituate ... and become a *home away from home* for many. We hope we are doing that but also need to hear from you about what you would like your Senior Center to become. Maybe you would like to help us get there?

I do want to mention and applaud the success of our Singing Trooper event on September 30. The Senior Center staff, volunteers from the Friends of Scituate Seniors and the community, and 150-plus people enjoyed this beautiful musical performance by Sgt. Dan Clark and his fabulously talented wife. We were treated to an opportunity to feel something that you don’t get to experience everyday, and when you do you don’t forget it too soon. I thank all who helped from FOSS and St. Mary’s, and all who came out for this special evening and to forget about whether they were really a ‘senior’ or not, but just to enjoy - and we did!

♥ Linda

Vote Early! If you need assistance getting to the polls on Election Day, call us! Better yet, schedule a ride to vote early at the Town Clerk’s office.



**SENIOR CENTER
HOURS OF OPERATION:**
**Monday through Thursday
8:30 AM to 4:30 PM**
Friday 8:30 AM to 3:00 PM

Meetings for the **Council on Aging Board** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are also videotaped to be played on Scituate Cable TV. The next meetings are: November 10 & December 8 at 5:30 pm.

Food Pantry Hours
Every Tuesday:
10 AM - 12:45 PM and
last Tuesday of
month: 6:00 - 8:00



An inspiring and emotional evening for many as Sgt. Dan Clark performed his rendition of Danny Boy along with Sis Dowd, both former Marines!



An example of one of our newer programs drawing a crowd as this group learns and plays Mah Jongg on Tuesday mornings with the help of Activity volunteer Janet Fairbanks and others who have learned the game.

Transportation Information

Transportation Coordinator — Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-town Medical rides and answer your questions at 781-545-8722, ext. 17.

Please check our brochure for the complete Snow Policy.

We do not run van service when the schools are closed or Town offices are closed due to weather.

Out-of-town Medical Rides. Reservations for should be made at least 5 days in advance. We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. All medical appointments should be made for after 10:45 AM. Boston appointments should not be later than 1:00 PM.

Local Rides in Scituate. We ask two days' notice where possible to schedule local transportation requests. Our Scituate Council on Aging vans are available for any local ride within Scituate, including appointments, the Senior Center for activities, the library, shopping, hair dresser, etc. We have 3 vans of varying sizes for local rides and cultural trips planned by our staff. They run on a schedule during Council on Aging hours. The fee is now \$1.25 per ride or \$2.50/round-trip. A new 10-ride pass can be purchased for \$10.

We have REGULAR van trips to the following locations with advance sign-ups, as follows:

Every TUESDAY @ 9:00 am to SHAWS Supermarket in Cohasset;

2nd/4th WEDNESDAY @ 9:00 am to HANOVER MALL / Trader Joe's; and

Every THURSDAY @ 9:00 am to various locations in Scituate Harbor.

Discount Senior MBTA Cards can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. They will be mailed to you.

Programs and Events



WEDNESDAY CAFÉ

Information, social opportunity, refreshments

Wednesday, November 30 @ 10:30

Stroke Awareness

Stroke is an emergency! The quicker you act, the more of a person you save. Come and learn the signs of stroke and how to act FAST. Just one STROKE can cut your life in half. Learn the risk factors.

Wednesday, December 7 @ 10:30 AM

A Visit with Cardinal Cushing Center

Cardinal Cushing Centers has been supporting and educating people with intellectual disabilities for almost 70 years in Hanover and Braintree. With their two schools, multiple group homes, recreational opportunities, employment training and on-site retail shops, families often say that Cardinal Cushing Centers "Changes Lives". *Please call to register.*

MEN'S BREAKFAST

Monday, November 7 - Presentation by Hull Life-saving Museum Curator on Shipwrecks & Lifesaving in Boston Harbor and Joshua James, the first Keeper of our Lifesaving Station. Meeting at Widow's Walk. Breakfast cost \$8. *Call for reservation.*

Monday, December 5 - Presentation on *Scituate's Coastal Development 1850 to 1950* with Bob Jack-



Pie Social with Right at Home

Wednesday, November 16

1:00 PM at the Senior Center - Come enjoy some holiday pie served with coffee and tea courtesy of Right at Home - South Shore. Learn about the services they offer for in-home assistance and have questions answered.

Following the social, we will have a special November movie showing @2:15 of *Into the Woods* (2014 PG). *Hope you can join us! Call to sign up!*



GARDEN CLUB SEASONAL CENTERPIECES!

For Thanksgiving table decoration:

Tuesday, November 15 at 10:30 AM.

For Christmas Boxwood Tree: **Tuesday,**

December 13 at 10:30 AM. This will be followed by our Holiday luncheon gathering at 12:30! *Sign-ups required; space limited.*



CHECK YOUR BALANCE!

With Norwell VNA

Wednesday, NOVEMBER 9 @ 9:30-11:30

Participants will be rotated through three stations for each balance test and will receive results in writing with recommendations for activities aimed at preventing future falls! Appointments will be made as reservations are accepted.

PLEASE CALL TO SIGN UP and receive your appointment time.

SENIOR CENTER

GINGERBREAD HOUSE DECORATING

Join us to create an entry for the
Scituate Harbor Business Association
Gingerbread House CONTEST!

Decorating will take place on:

THURSDAY, DECEMBER 1 @ 11:30 AM

All completed houses will be delivered to
Mill Wharf Restaurant on December 2
(First Friday in the Harbor)
for display all weekend.



**Judging will take place on
Sunday, Dec 4 at 3:00 PM.**

Senior Center will purchase supplies.
We will need bakers for the pieces
prior to decorating. Please call Lisa if available (x12).
All funds generated through this activity will be
donated to **Friends of Scituate Seniors** by the
SHBA.

Annual Scituate Police Association's

Senior Luncheon

Saturday, DECEMBER 9

@ 12:00 noon

Congregational Church

Transportation provided by COA with reservations.

Fabulous meal served by our law enforcement
men and women and families. Christmas Caroling
with the Girl Scouts!

Please make reservations through the Senior Center at
781-545-8722. Questions can also go to
Sargeant Gilmartin at 781-545-1212.



CAREGIVER SUPPORT GROUP (DAY)

The Scituate COA Support Group for all caregivers meets the 3rd Wednesday of every month at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. The group is led by experienced facilitators Laura Minier, Social Services Manager for the Town and Chrissie, South Shore Elder Services. Call 781-545-8722 if you have any questions.

OTHER AREA SUPPORT GROUPS

EVENING CAREGIVER DISCUSSION GROUPS

- ⇒ First Wednesday of every month at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.
- ⇒ First Thursday of the month at 6:00 PM at Village at Proprietors Green, 10 Village Way 781-834-7885.
- ⇒ Second Tuesday of the month at 5:30 PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1458.

VISION SUPPORT GROUP

On the **FOURTH** Monday of the month at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** *Call the Senior Center for more support group information.*

HAVE YOUR BLOOD PRESSURE CHECKED!

Town nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer health questions @ the **Senior Center on the 3rd Wednesday of month - 10:30-11:30 AM.**

FREE HEALTH SCREENING CLINICS:

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; if a 5th WEEK = Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

MEDITATION *with Mary*



Meditation is proven to help reduce stress, lower blood pressure, bolster your immune system, and reduce many aches and pains. Studies show that it can give us a more positive outlook on life and increase happiness.

This **Guided Meditation** meets on the following **Wednesdays at 4:30-5:30** at the Senior Center. *Please call to register. \$5 class.* Nov/Dec Dates: 11/9, 11/23, 12/7, 12/21

PROFESSIONAL MEETINGS

ASK A LAWYER

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service. **Call 781-545-8722 for an appointment.**

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell meets at the Senior Center usually on the 4th Friday each month. If you have questions or concerns to discuss, ***please call 781-545-8722 to confirm the next date.*** Meetings are up to 30 minutes.

FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Deborah Flanagan**, Edward Jones Financial Advisor is available free-of-charge for a half-hour by appointment on the first Monday of each month. **Adrienne Rowles**, Wealth Advisor of Raymond James Financial Services, has a **LOCAL** office in N. Scituate. If you are looking for predictable income and safety of your investments, she is available for 30 minute appointments. ***Call the Senior Center to be referred for an appointment.***

LAUGHTER YOGA *with Jill* — Try this **FREE, healthy & fun class**



where we laugh together without jokes or props incorporating breathing techniques with 'healthy' laughter. Meets on the **1st and 3rd Friday** of each month at St. Luke's @ 11:30 AM. Laugh your way to good health!

The pioneer of laugh therapy and the study of the mind's impact on the body's immune functions discovered that laughter and joy boosted immune functions and brought increased endorphine release to the brain. *So laugh all the way to the longevity bank!*

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program off site</p> <p>Bob Jackman will be teaching a 6-week class on <i>Scituate During Revolutionary War</i> beginning WEDNESDAY, NOVEMBER 9@ 1:00-2:30 PM. Sign up early! \$20</p>	<p>1 9:00 Cardio/ Shaws</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:00 SHINE Part D Info</p> <p>1:30 Tai Chi for HA*</p> <p>3:00 Classical Music</p>	<p>2</p> <p>7:30 Yoga</p> <p>10:30 Coloring</p> <p>1:00 Scituate History Class</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball/6:00 Badmin</p>	<p>3 9:30 AMP</p> <p>10:15 Chair Yoga*</p> <p>11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p> <p>4:00 Painting Class</p>	<p>4</p> <p>7:30 Yoga*</p> <p>8:10 Spa Day</p> <p>9:30 Joint Efforts</p> <p>11:30 Bridge</p> <p>11:30 Laughter Yoga*</p>
<p>7 9:00 Yoga*/Men's Breakfast*</p> <p>9:30 Joint Efforts</p> <p>10:15/30 C Yoga*/Exp Write</p> <p>11:30 Balance 4Life*</p> <p>12:30 Painting Class</p> <p>4:15 Pickle-ball*</p>	<p>8</p> <p>9:00 Cardio/ Shaws</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>9</p> <p>7:30 Yoga* 9:00 Mall</p> <p>9:30 Café-Check your Balance</p> <p>1:00 Scituate History Class</p> <p>1:15 Zumba Gold*</p> <p>3:00 Tech Time w/Interact</p> <p>4:30 Meditation</p> <p>4:15 Pickle-ball/6:00 Badminton</p>	<p>10 9:30 AMP</p> <p>10:15 Chair Yoga*</p> <p>11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p> <p>5:30 COA Board Meeting</p>	<p>11</p> <p>Holiday - Veteran's day!</p> <p>Offices Closed</p>
<p>14 9:00 Yoga*</p> <p>9:30 Joint Efforts</p> <p>10:15/30 Ch Yoga*/Exp Write</p> <p>11:30 Balance 4Life*</p> <p>12:30 Painting Class</p> <p>4:15 Pickle-ball*</p>	<p>15</p> <p>9:00 Cardio/ Shaws</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>16 7:30 Yoga* 10:30 BP</p> <p>1:00 Café - Pie Social</p> <p>1:15 Zumba Gold*</p> <p>2:15 Wednesday Flick</p> <p>4:15 Pickle-ball</p> <p>6:00 Badminton</p>	<p>17 9:30 AMP</p> <p>10:15 Chair Yoga*</p> <p>11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p> <p>4:00 Painting Class</p>	<p>18</p> <p>7:30 Yoga*</p> <p>9:00 Ask a Lawyer</p> <p>9:30 Joint Efforts</p> <p>11:30 Bridge</p> <p>11:30 Laughter Yoga*</p>
<p>21 9:00 Yoga*</p> <p>9:30 Joint Efforts</p> <p>10:15/30 Ch Yoga*/Exp Write</p> <p>11:30 Balance 4Life*</p> <p>12:30 Painting Class</p> <p>4:15 Pickle-ball*</p>	<p>22</p> <p>9:00 Cardio/ Shaws</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>23 7:30 Yoga*</p> <p>9:00 Hanover Mall</p> <p>12:00 Caregivers Support</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball/6:00 Badmin</p> <p>4:30 Meditation</p>	<p>24</p> <p>Holiday - Thanksgivingday!</p> <p>Offices Closed</p>	<p>25</p> <p>Holiday - Thanksgivingday!</p> <p>Offices Closed</p>
<p>28 9:00 Yoga*</p> <p>9:30 Joint Efforts</p> <p>10:15/30 Ch Yoga*/Exp Write</p> <p>10:30 Book Club</p> <p>11:30 Balance 4Life*</p> <p>12:30 Painting Class</p> <p>4:15 Pickle-ball*</p>	<p>29</p> <p>9:00 Cardio/ Shaws</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>30</p> <p>7:30 Yoga*</p> <p>10:30 Café Talk—Stroke Info</p> <p>1:00 Scituate History Class</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball/6:00 Badmin</p>	<p>Holiday Celebration Gathering</p> <p>TUESDAY, DECEMBER 14 @ 12:30 following the Garden Club Workshop! Hopefully everyone will display their new boxwood centerpieces for us! Join us for festive holiday sandwiches, musical entertainment & a chance to share a song or a story that is meaningful during the holidays. <i>Call to sign up!</i></p>	

DECEMBER 2016



Mon	Tue	Wed	Thu	Fri
<p>* Denotes program held off site</p> <p>Planning a Christmas shopping trip to Derby Street on Friday, December 2 on the van. Call if interested!</p>	<p>Wednesday, January 11 @ 10:30 AM -</p> <p>Emergency Management / Preparedness Presentation with state Office of Disability and including information from our Scituate Fire Department and Board of Health on Smoke Alarm & CO Detector replacement and storm shelter protocol.</p>		<p>1 9:30 Aging Mastery Program</p> <p>11:00 Balance 4Life*</p> <p>11:30 Gingerbread House</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p> <p>4:00 Painting Class</p>	<p>2 Van trip to Derby St.</p> <p>7:30 Yoga*</p> <p>9:30 Joint Efforts</p> <p>11:30 Bridge</p> <p>11:30 Laughter Yoga*</p>
<p>5 9:00 Yoga*/Men's Break</p> <p>9:30 Joint Efforts</p> <p>10:15/30 Ch Yoga*/Exp Write</p> <p>11:30 Balance 4Life*</p> <p>12:30 Painting Class</p> <p>4:15 Pickle-ball</p>	<p>6 9:00 Shaws/Cardio</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>7 7:30 Yoga*</p> <p>10:30 Café – Cardinal Cushing</p> <p>1:00 Scituate History Class</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball/6:00 Badminton</p> <p>4:30 Meditation</p>	<p>8 11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p> <p>5:30 COA Board Meeting</p>	<p>9 7:30 Yoga*</p> <p>9:30 Joint Efforts</p> <p>9:00 Financial Advisor</p> <p>12:00 FRIDAY FLIX</p>
<p>12 9:00 Yoga*</p> <p>9:30 Joint Efforts</p> <p>10:15/30 Ch Yoga*/Exp Write</p> <p>11:30 Balance 4Life*</p> <p>4:15 Pickle-ball*</p>	<p>13 9:00 Shaws/Cardio</p> <p>10:30 Mah Jongg/Garden Club</p> <p>11:00 Balance for Life*</p> <p>12:30 Holiday Party</p> <p>1:30 Tai Chi for HA*</p>	<p>14 7:30 Yoga*</p> <p>9:00 Mall</p> <p>1:00 Scituate History Class</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball</p> <p>6:00 Badminton</p>	<p>15 11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p>	<p>16 7:30 Yoga*</p> <p>9:00 Ask a Lawyer</p> <p>9:30 Joint Efforts</p> <p>11:30 Bridge</p> <p>11:30 Laughter Yoga*</p>
<p>19 9:00 Yoga*</p> <p>9:30 Joint Efforts</p> <p>10:15/30 Ch Yoga*/Exp Write</p> <p>11:30 Balance 4Life*</p> <p>4:15 Pickle-ball*</p>	<p>20 9:00 Shaws/Cardio</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>21 7:30 Yoga* 10:30 BP</p> <p>12:00 Caregivers Support</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball</p> <p>4:30 Meditation</p> <p>6:00 Badminton</p>	<p>22 11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p>	<p>23 7:30 Yoga*</p> <p>9:00 Rep Cantwell</p> <p>9:30 Joint Efforts</p> <p>12:00 FRIDAY FLIX</p>
<p>26 Holiday</p> <p>Offices Closed</p>	<p>27 9:00 Cardio/ Shaws</p> <p>10:30 Mah Jongg</p> <p>11:00 Balance for Life*</p> <p>1:30 Tai Chi for HA*</p>	<p>28 7:30 Yoga*</p> <p>9:00 Mall</p> <p>1:15 Zumba Gold*</p> <p>4:15 Pickle-ball</p> <p>6:00 Badminton</p>	<p>29 11:00 Balance 4Life*</p> <p>1:00 Cardio*</p> <p>1:00 Knitting</p>	<p>30 7:30 Yoga*</p> <p>9:30 Joint Efforts</p>

Fuel Assistance



SHINE

Serving the Health Information Needs of Everyone

Appointments can be made with Norman Tetreault, SHINE volunteer, at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Norman schedules 3-4 times per month to meet with Scituate seniors. Please call to see what is available. The dates for Nov and Dec are:

NOV 3; NOV 8; DEC 17; DEC 22

Get ready for Medicare's Open Enrollment!

October 15 - December 7

There will be **ONE** Information Session at the Senior Center on **TUESDAY, NOVEMBER 1 @ 1:00 PM** with Norman, our SHINE counselor. There will not be individual appointments made for Drug Plan Counseling.

A SHINE Pre-Enrollment form is available at the Senior Center so you can receive information about the best Medicare Part D Prescription Drug Plan for you in 2017. You can bring the form back to Senior Center **COMPLETED**, and results can be mailed back to you.

Yardwork Services Available!

LAUNCH is a supervised work program for young adults with special needs. They are available for limited yard work, such as raking, pruning, edging, wood stacking, etc.

There is a cost involved.

An assessment of work will be performed before acceptance of the job.

Call Jenny Gerbis, x14 at the Scituate Senior Center if you are interested in receiving an estimate.

FUEL ASSISTANCE

Recertification applications for Fuel Assistance from South Shore Community Action have been mailed to some clients. If you are in need of assistance filling out the 2016-2017 application, please call Jenny Gerbis Outreach Coordinator at 781-545-8722, x14. **APPOINTMENTS ONLY.**

TUESDAYS @ HOUSING AUTHORITY ~

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30-minutes every month at each of the Housing parks in their Common Room.

Take a few moments to say hello and see what information is available to you, or just have a chat.

Tue 11/1—10:30-11 @ Lincoln

Tue 11/8—10:30-11 @ Central

Tue 11/15—10:30-11 Wheeler 1; 11-11:30 Wheeler 2

Tue 12/6—10:30-11 @ Lincoln

Tue 12/13—10:30-11 @ Central

Tue 12/20—10:30-11 Wheeler 1; 11-11:30 Wheeler 2

MEALS for Seniors in Scituate:



MONDAY, WEDNESDAY & FRIDAY

@ **Harbor United Methodist**

Church, 12:00-1:00 PM; \$2 sponsored by **South Shore Elder Services**. Also, **Meals on Wheels** program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY @ Congregational Church, 12:00 PM. This lunch is sponsored and served by dedicated church volunteers. Donations accepted. Reservations are not required.

4th SUNDAY - Monthly Community Dinner

@ **St. Luke's Episcopal Church @ 5:00 PM.**

This is a free, community dinner for all ages sponsored by various community groups. Van **transportation is available to our clients by calling the Senior Center to schedule your ride.**

Scituate Food Pantry

The **Scituate Food Pantry @** Masonic Temple on Country Way **is open every Tuesday** at 11:00 AM to 12:30 PM. It is also open on the last Tuesday evening of the month at 6:00 PM to 8:00 PM.

Transportation is available to clients through the Council on Aging. Call 781-545-8722, x17.



Ongoing Activities - Please remember to sign in always!!

COA FRIDAY FLIX

Comfortable viewing; closed caption & popcorn!

Wednesday, Nov 16 - Special movie showing after the Pie Social @ **2:15 PM**: ***Into the Woods*** (2014 PG) - Fairy tales collide in a modern musical twist on Happily Ever After.

Dec 9 @noon: ***Woman in Gold*** (2016 PG13) - Helen Mirren as Jewish woman attempting to reclaim family possessions that were seized by the Nazis, including a famous portrait of her aunt painted by Gustave Klimt.

Dec 23 @noon for the Holiday Classic ***White Christmas*** (1954; 2 hr 5 mins).

NEW: 'Women, Men & Wall Street' - Bi-monthly on Friday morning for an hour of discussion, Q&A, & helpful info on finance and current trends. Anything goes. *Facilitated by Adrienne Rowles, Wealth Advisor with Raymond James Financial. Meets every other month: Friday, December 9 @ 9:00 am.*

COA Book Club @ the Senior Center

New members always welcome! Meeting **4th MONDAY of each month at 10:30 AM.** Selection for **November 28** meeting: *The Wright Brothers* by David McCullough. No December meeting; January: *The Nightingale* by Kristin Hannah.



Expressive Writing with Liz Ennis

Try this great writing activity to encourage *expression*! Sharing, storytelling, connection. Great activity for cultivating mindfulness, gratitude and joy! Try it out! **Mondays at 10:30 AM.**

PAINTING CLASSES @ Senior Center; \$10 class



MONDAY CLASS @ 12:30-3:30 pm; ends for holiday break on December 5, 2016; **THURSDAY CLASS @ 4:00-7:00 pm;** ends for holiday break on December 9 (*NO THURSDAY CLASS on November 10 & December 8). Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Long-time Instructor Joanne Papandrea. *Supply list available.*

GAMES & RECREATION



Mah Jongg—TUESDAYS @ 10:30-12:30 at the Senior Center. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Bridge Play—On 1st & 3rd FRIDAYS at the Senior Center (alternating with movies) **@ 11:30 AM.** We would love to have multiple bridge groups—Please **CALL to SIGN UP** and we will help to complete the groups. We would also like someone to **INSTRUCT** beginners who are interested in learning and playing!

Pickle-Ball—2 nights! MONDAYS and WEDNESDAYS at 4:15-6:00 PM @ Jenkins School. *This is a volunteer-led Senior Center program.* Doubles format; 4 courts, rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available. No charge.

Badminton—Our popular drop-in Badminton program will continue on **WEDNESDAYS at 6:00-8:00 PM @ Jenkins School.** All are welcome!

BOWLING LEAGUE on Tuesdays 9:30-11:30 AM

@ our own Satuit Bowlaway at Cole Pkwy

\$5 to join for end of season Banquet; \$10/week for lanes & shoes. Great way to be active and social. **CALL Kip Ahearn (545-3855) or Doug @Bowlaway** for more information.

More **TECH TIME** with students from the Interact Club at Scituate High School. **Sign up** to get 1-on-1 assistance with iPad or mobile/Smart phones. This is a service-oriented club at the high school for students in grades 9-12. They are very good and enjoy helping us adapt to our new technology! This could be provided monthly.

Wednesday, NOVEMBER 9 @ 3:00-4:00.



LAST CHANCE FOR THE AFGHAN RAFFLE! Tickets at the Senior Center. Fundraiser to benefit efforts toward a NEW Senior Center. \$1 per ticket; 6 for \$5. Drawing on 12/3.

EXERCISE & WELLNESS CLASSES (NOV/DEC)

Gentle Floor Yoga - MONDAY @ 9:00-10:00 at St. Luke's (Anne); and WEDNESDAY & FRIDAY @ 7:30-8:30 AM at St. Luke's (Elizabeth); \$10/class for 4 weeks; \$12 drop-in.

Chair Yoga - MONDAY @ 10:15-11:00 at St. Luke's (Anne); and THURSDAY @ 10:15 at St. Luke's (Elizabeth); \$5.
**We will plan to add the Wednesday class back as soon as we are able.*

Joint Efforts Gentle Exercise - MONDAY & FRIDAY @ 9:30 AM; \$2 donation; at Senior Center with Norwell VNA instructor.

Balance for Life - MONDAY @ 11:30; THURSDAY @ 11:00 at St. Luke's (Sue). Stretch, strengthen & tone with Sue! Lots of fun! Donation of \$2 requested. Partial grant.

Tai Chi for Healthy Aging and Balance - TUESDAY @ 1:30 at St. Mary's Parish Hall. This is a 24-week program with start dates on an 8-week cycle. Please call the Senior Center for information on this program.

Cardio with Chris TUESDAY at Senior Center @ 9:00-10:00; THURSDAY at St. Luke's @ 1:00-2:00; \$3.

ZUMBA GOLD 'Dance' Exercise class—Great cardio workout that melts fat, strengthens your core, and improves flexibility! WEDNESDAY @ 1:15-2:00 PM; \$5; at St. Luke's (Pasqualina).



Spa Day and Lunch

Salon Beverly and Brass Lantern
Restaurant & Bakery @ South Shore
Vocational School

Friday, November 4

Morning departure at 8:10am. Arrive at 9 for treatments. Select from *Cut, Wash, Style & Roller Set options; Scalp Treatment Massage; Make up Application; Lip, Brow or Chin Wax; or Manicure.*

Treatment spots are first come, first-served at **least 1 week in advance**. Sign up for spa treatment at the Senior Center - 781-545-8722.

Scituate History with Bob Jackman

Scituate During the Revolutionary War

This new course will look specifically at the way militia and British units deployed within Scituate, and the deployment of local forces and personnel outside Scituate. Maps specifically drawn for this course will illustrate the action and counteraction of the forces.

Meets Wednesday at 1:00-2:30. Begins 11/9. Sign up in advance with payment.

Scituate Day @ Muse Paintbar, Patriot Place in Foxboro
with the Scituate Education Foundation for Scituate adults and students

Tuesday, November 8 (Election Day)—Session time: 12:00-2:30

Don't forget you can vote early at the Town Clerk's office!

The Council on Aging will provide complimentary van transportation courtesy of the Scituate Education Foundation. Includes shopping or lunch before; \$45 for painting. Cash/check payment to Senior Center in advance.

Call MusePaintbar for reservation: 508-809-4400.

Volunteer Corner

Would you like to get involved in your community to make a difference in the lives of local seniors? Would you like to share a few hours/week or a month to support the Scituate Senior Center?

We have immediate needs for the following positions:

Receptionist / Front Desk Ambassador

Help out by welcoming new seniors, answering phones, greeting visitors, answering questions about programs and setting up for activities: 3-4 hours/week, or 6-8 hours/month;

Trip Coordinator

Help with detailed planning of day trips with Activities Coordinator: 2-4 hours/month;

Newsletter / Graphic Design

Help with computer layout and design of the Senior Happ'y'nings newsletter and flyers.

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

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WE ARE ON-LINE TOO!

You can read this newsletter on-line BEFORE it comes in the mail. Go to:

www.ourseniorcenter.com

Find: Scituate Council on Aging.

You can sign up with your e-mail and receive notice when it is published (well before mailing!).

Follow us on Twitter:

@ScituateCOA

“Like us” on Facebook: Search **Scituate Council on Aging AND TownofScituate** and *Share to your friends!*



Consider joining the Friends of Scituate Seniors to lend your support to fundraising efforts for a new Senior Center.
\$5/annual membership

Name: _____

Address: _____

Phone(s): _____

E-mail: _____

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor together with the COA champion the work of the Senior Center and help to create new supporters in the community. Please send to P.O. Box ____, Scituate, MA 02066.